



# Chef Charles Says...



January

## Be Active... New Exercise Guidelines

Research has shown that regular physical activity can help prevent heart attacks, strokes, type 2 diabetes, and certain cancers such as those of the breast and colon. New evidence-based recommendations about the quality and quantity of exercise have been released. Check out the recommendations.

- ◆ DO lift weights. In fact, if time is limited, shorten your aerobic activity to make time for weight lifting. Strength training is critical for older adults to help prevent age-related bone and muscle loss, both of which can lead to falls and serious injuries.
- ◆ DO diversify your exercise. Exercise like Pilates, Tai Chi, and yoga combine balance, stretching and muscle strengthening and can improve your agility and body control.
- ◆ DON'T stay sedentary during your downtime. Try to find six to seven more hours a week to spend on your feet, and move around more throughout the day. Try to

cut your evening screen time.

- ◆ DO stretch after working out, not before. Your muscles need to be warm in order to obtain maximum benefit from flexibility training.
- ◆ DON'T rely solely on step counts. While pedometers can be effective for promoting activity, step counts are not an accurate measure of exercise intensity or quality.
- ◆ DON'T get discouraged if you are not fit. Even a little exercise is better than nothing. Slowly increase how long you exercise (duration), and then focus on how hard you exercise (intensity) later. It is the amount of exercise that relates most to health benefits. Start slow and try adding one to five minutes every two to three weeks.

Fitness in Apparently Healthy Adults, Guidance for Prescribing Exercise, *Medicine & Science in Sports & Exercise*. June 2011

## Pick a Better... Cruciferous Vegetables

Cruciferous vegetables, such as cabbage, cauliflower, turnips, broccoli and green leafy vegetables, may offer the best protection from heart disease for both men and women according to two studies. After reviewing diet records, those who ate the most fruits and vegetables were 16 percent less likely to die of heart disease while people who focused the most on cruciferous vegetables were 22 percent less likely to die of heart disease.

*American Journal of Clinical Nutrition*, July, 2011.



## Get the News

### Nutrition Facts Label on Meat and Poultry

USDA has announced that it will require nutrition labels, including the number of calories and grams of total and saturated fat, on the 40 most popular raw meat products effective January 1, 2012. The nutrition facts will be required either on product labels or the point of purchase, and will apply to whole raw cuts, as well as ground or chopped meat or poultry products. While the FDA requires nutrition labeling for all FDA regulated foods, meat and poultry have not been labeled because they fall under USDA. The new labeling rule will ensure that nutrition information is available to help consumers make healthier meat and poultry selections.



Developed by:  
Iowa Department of Public Health, [www.idph.state.ia.us/nutritionnetwork](http://www.idph.state.ia.us/nutritionnetwork)  
Iowa Department on Aging, [www.state.ia.us/elderaffairs](http://www.state.ia.us/elderaffairs)

Information & resources for seniors with home & family questions  
**ISU AnswerLine 1-800-262-3804**

# Chef Charles Says...

## Vitamin B12 Is Important As We Age

Vitamin B12 is essential for maintaining healthy nerves and red blood cells. Most adults get plenty of B12 from food but as they age, the chance of having a deficiency increases. In fact, the 2010 Dietary Guidelines point out specifically that older adults are at risk for not getting enough B12.

One cause of vitamin B12 deficiency is poor absorption. People with anemia and digestive diseases are at risk. B12 is bound to protein in animal foods (shellfish, fish, meat, poultry, pork dairy and eggs.) The acid and digestive enzymes in the stomach remove B12 from the protein during digestion, thus allowing it to be absorbed.

People who eat a vegetarian diet and do not eat animal foods can also be at risk. And if you have trouble chewing meat and avoid it, you may be at risk. Make sure you eat enough B12 rich foods or take a B12 supplement.

## Food Safety

### How Are You Handling Your Food?



As we age, our bodies change. Some of these changes make us more susceptible to food poisoning or foodborne illness. For example, our stomach and intestinal tract may digest food more slowly and hold on to food for a longer period of time; our liver and kidneys may not work as well to rid our bodies of toxins; and our sense of taste and/or smell may be altered so

it is not easy to tell when food is no longer fresh.

By the age of 65, many adults have been diagnosed with one or more chronic conditions and are taking at least one medication. The side-effects of some medications and/or a chronic disease may weaken your immune system. Should we become ill we are more likely to have a lengthier illness and possibly a hospital stay. To avoid contracting a foodborne illness, you must be especially vigilant when handling, preparing, and consuming foods. Use the USDA food safety logo to remind you to:

**Be CLEAN** Always wash your hands before handling food. Use a clean cutting board, sink and countertops.

**SEPARATE Foods** Keep ready-to-eat foods and foods needing to be cooked separate. Use this rule when you shop, store or prepare food.

**COOK Food Thoroughly** Use a thermometer to make sure the food is ready to eat.

**CHILL Food** Keep the refrigerator temperature at 40 degrees.

Food Source	Serving	B12 (mcg) (Daily need 2.4 mcg)
Beef liver	3 ounces	49.0 mcg
Rainbow trout	3 ounces	5.4 mcg
Salmon	3 ounces	4.9 mcg
Raisin Bran cereal	1 cup	3.0 mcg
Beef	3 ounces	2.4 mcg
Yogurt, plain	6 ounces	1.0 mcg
Haddock	3 ounces	1.2 mcg
Tuna	3 ounces	1.0 mcg
Milk	1 cup	0.9 mcg
Swiss cheese	1 ounce	0.9 mcg
Egg	1 whole	0.6 mcg
Chicken	3 ounces	0.3 mcg

It is recommended that older adults consume some foods fortified with vitamin B12 such as cereal or take a supplement.

# Chef Charles Asks the Questions

## Does My Diet Cause Gout?

Over the past 20 years, more American adults than ever before have been diagnosed with gout. About 6% of men had gout, compared to 2% of women. Gout is an inflammatory form of arthritis caused by high uric acid forming crystals in the joints. Your body produces uric acid when it breaks down purines. Purines are found naturally in your body, but they are also found in certain foods, such as animal protein. A study released in 2011, suggested that the increase in the number of adults with gout can be linked to obesity and high blood pressure. They note that better prevention of these risk factors might help reduce the number of people developing the painful condition.

A gout prevention diet resembles a healthy eating plan like MyPlate. In addition to helping maintain a healthy weight, the diet also can help manage gout. Specifically, a gout diet should:

- ◆ Limit foods high in purines such as protein rich foods by having small servings.
- ◆ Help you lose weight if you are overweight or obese. However, avoid fasting and rapid weight loss because these can promote a gout attack.
- ◆ Provide plenty of fluids, especially water, to help flush uric acid from your body.
- ◆ Limit or avoid alcohol. Alcohol interferes with the elimination of uric acid from your body. Drinking beer, in particular, has been linked to gout attacks.

*Arthritis & Rheumatism*, July 28, 2011.

## Answers

WCIFOURELLA	CAULIFLOWER
BLCIORCO	BROCCOLI
KBO YHOC	BOK CHOY
RSUBLESS SOTRSUP	BRUSSELS SPROUTS
EAKL	KALE
EACBBGA	CABBAGE
RIADSH	RADISH
TNPSRUI	TURNIPS

Cruciferous vegetables **ARE PART**  
**OF THE CABBAGE** family.

Don't get discouraged if you  
are not fit. Even a little  
exercise is better than  
nothing.

## Creamy Cauliflower-Pea Medley

1/2 cup water  
10 ounces frozen cauliflower  
10 ounces frozen green peas  
1 cup cucumber, peeled and diced  
3 tablespoons ranch salad dressing  
2 tablespoons nonfat sour cream  
1/4 teaspoon dried dill weed

Combine the first 3 ingredients in a saucepan; bring to a boil. Cover and cook 5 minutes; drain well. Combine the cauliflower mixture and the remaining ingredients in a bowl, and toss well. Serve warm or chilled. Makes 4 servings.

Calories 138; Fat 6g; Sodium 211mg; carbohydrates 15g; fiber 5g; potassium 268 mg; folate 70 mcg



## Food Assistance Promotion

Is the cost of food taking a bite out of your monthly budget? Have you considered applying for Iowa's Food Assistance program? If you are eligible, you will receive an EBT card which looks like a credit card. It is easy to use when shopping. Applications can be completed on-line at [www.oasis.iowa.gov](http://www.oasis.iowa.gov).

Spread the word to others you know who are having trouble buying the food they need.

# Valuable Veggies

## Resource:

To learn more about the USDA/FDA MyPlate, visit [www.choosemyplate.gov](http://www.choosemyplate.gov). The logo is a picture of recommendations for one meal. Half of your plate for fruits and vegetables is a good place to start. How does your plate look?

## Unscramble each word.

**Then use the marked letters to solve the second puzzle.**

# WCIFOURELLA

[illegible]

# BLCIORCO

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# KBO YHOC

# RSUBLESS SOTRSUP

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**EAKL**

**LO**

# EACBBGA

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**TNPSRUI**

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## Cruciferous vegetables

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# Move It!

**Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used once.**

[illegible]

D o r x e n c e s f d i t c E n t a g r d l i t y o u  
 a n e t r o i t e i i s h o u e n e e t i a n l e  
 e g t n t s i v g t a h f  
 o b e r



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